

Recovery Dharma PDX Quarterly InterSangha Meeting

October 16th 2021 11:00am-1:00pm

- Purpose:** Quarterly meeting
- Format:** Agenda, check-in and status reports by meeting secretaries/proxies, old business and new business for discussion and/or voting
- Present:** Semi (Chair), Bryan (Co-Chair), Dawn (Secretary), Zanny (Co-Secretary), Michael (Wise Friend's Chair), Jeremy (Unity Chair), Scott (Co-Treasurer), Jon (Communication's Chair), and Meeting Secretaries/Proxies as noted below
- Absent:** Gordon (Treasurer), Jess (Program's Chair), and Meeting Secretaries as noted below
- Meetings:** Every 3 months from 11 am to 1 pm: 10/16/21 and 1/15/22
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Meditation (Jeremy)

Census to Establish Quorum (9 of 15 meetings represented is the requirement)

Present (12):

Sunday 10:00 AM Queer Paths ONLINE - Andrine
Sunday 6:15 PM Hood River ONLINE - Dick
Monday 7:00 AM Friends of the Dhamma ONLINE - Duane
Monday 7:00 PM Dharma Rain ONLINE - Stuart
Tuesday 8:00 PM Men's Meeting ONLINE – Steve/Bryan
Wednesday 7:00 PM Hood River ONLINE - Dick
Wednesday 7:00 PM Women, Trans, Non-Binary Meeting ONLINE – Priscila
Wednesday 7:00 PM Kaiser Sunnyside ONLINE (In-Patient Only) – Dawn
Thursday 5:30 PM Mentorship Support - Michael
Saturday 9:00 AM Kaiser Beaverton ONLINE – Darlene
Saturday 7:00 PM Sandwich ONLINE – Jon
Saturday 7:00 PM Meditation Sandwich IN-PERSON – Ray

Absent (3):

Thursday 12:00 PM Alano In-Person
Friday 6:00 PM Forest Grove Recovery Club IN-PERSON - JB
Friday 8:00 PM Forest Grove Recovery Club ONLINE - JB

Non-Voting (4):

Monday 7:00 PM Monday Inquiry Meeting ONLINE (CLOSED) Inquiry Meeting ONLINE – Scott
Wednesday 7:00 PM Woman's Inquiry Meeting ONLINE – Eleanor (Not Present)
Friday 9:00 AM Exploring Recovery from Eating Addiction Inquiry Meeting ONLINE – Michael
Saturday 11:00 AM (2nd Saturday) Gorge Inquiry Meeting ONLINE – Dick

Hiatus (3):

Sunday 6:30 PM 3 Jewels: Mindful Movement ONLINE (Hiatus)

Monday 7:00 PM Heart of Wisdom In-Person – Robin/Ray B. (Hiatus)

Thursday 7:00 PM Vancouver Meeting ONLINE (Hiatus)

Meeting/Inquiry Check-In (general health, support needed, virtual vs in-person meetings, and COVID precautions if in-person)

- ***Queer Paths (Andrine):*** Participants range from 6-10, with consistent and growing attendance. Training 3 new facilitators, bringing the total to 4.
- ***Middle Way/MLK (Jeremy):*** Middle Way ending and plans for MLK to start, beginning tomorrow (Sunday); outdoor venue, so plan accordingly; and 10 books needed (coordinating with Scott).
- ***Hood River Sunday/Wednesday/Saturday:*** Sunday group is doing well with 4-8 regulars including out-of-state participants and same with the Wednesday meeting; established rotating facilitation schedule; suggested people check out the Gorge RD Facebook page; and established a working relationship with Northern Oregon Correctional, therefore, could use additional books and Scott will assist with this.
- ***Friends of the Dhamma Monday (Duane):*** Healthy with 15-17 regulars including out-of-state and international participants; and regular facilitation.
- ***Dharma Rain Monday (Stuart/Duane):*** 10-12 participants; identified 3 facilitators; and currently on-line only.
- ***Men's Meeting Tuesday (Bryan):*** Going well with around 8-10 regular participants; and rotating facilitators identified.
- ***Trans, Non-Binary Wednesday (Priscilla):*** Going pretty with 6-7 regulars and 15-20 in total attendees at each meeting; rotating facilitation has worked; gone through the RD book and asked for suggestions for meeting materials and Jon suggested having the facilitators identify readings.
- ***Kaiser Sunnyside Wednesday (Dawn):*** Going well with good support from other Kaiser Saturday meeting members, but could benefit from additional facilitation options, as this is a closed group to Kaiser.
- ***Mentorship on 1st Thursday of the month (Michael):*** Had a few more attendees this past month; and considering name change.
- ***Kaiser Saturday (Darlene):*** Steady core of 7-8 with varying random drop-ins; varying volunteer facilitation and meditation leads; and Bybee Lakes is participating on a regular basis.
- ***Virtual Sandwich Saturday (Jon D.):*** Up to 12 participants with 3-4 from the Vancouver area; and additional volunteer facilitators would be helpful.
- ***Meditation Sandwich In-Person (Ray):*** 5-10 core attendees and a good rotation 10-15 new people; and regulars help run the meetings.
- ***Monday RD Inquiry (Scott):*** Going well and on-line only with no additional support needed; and meeting switching to the 2nd and 4th Thursdays of the month to accommodate new scheduling requirements.
- ***Exploring Recovery from Eating Addiction Friday (Michael):*** Closed the group with 13 people, although the number is going down a bit; no plans to re-open to new attendees; and there is real support in the group and Michael shared that he has benefited greatly.

Treasure's Update/Discussion (Scott)

- Currently \$730.27 in OnPoint and \$1,100.93 in PayPal for a total of \$1,836.20.
- Prudent reserve is \$1,200 and we previously agreed to send 20% of the amount over our prudent reserve to RD Global on a quarterly basis. This is \$127.24 and calculated as follows: $(\$1,836.20 - \$1,200) = \$636.20 \times 20\% = \127.24 .

Program's Update/Discussion (Michael)

- Income through workshops and donations are minimal and greatly reduced without the in-person meetings.
- How can we foster generosity as a practice?
 - Darlene suggestion a re-occurring donation option similar to OPB
 - Michael gives regular to a temple and will inquire about their process
 - Scott will research PayPal vs. OnPoint options
 - Michael always screen shares the RD PDX web site and identifies the donation link
 - Duane changed their meeting script to let attendees know that each group is self-supporting
 - Jon suggested asking for donations during the meeting vs at the end
 - Priscilla said the Trans, Non-Binary group donates to BIPOC and they will consider donating a portion to RD PDX as well
- Prescription Meditation workshop scheduled for October 24th from 10 am – 2:30 pm; the focus will be on focused meditations for specific issues during the recovery process and beyond.

Wise Friends Update/Discussion (Michael)

- Decided to change program focus to mentorship and inquiry groups and away from the 8-Fold Path for the next workshop.
- Next workshop is scheduled for 11/20 on Mentorship and Inquiry Circles.
 - Michael encounters a lot of people with the ability to mentors, but not accepting this role.
 - Mentorship in RD is side-by-side and very different from the 12 Step Programs.
- Currently lacking a mechanism to connect people with mentors.
- Michael will be stepping down as chair of the Wise Friend's Committee after the 11/20 workshop.

Unity Update/Discussion (Stuart)

- Stopped having events after the COVID Delta variant surge
- Committee needs to meet to discuss next steps

Communication's Update/Discussion (Jon)

- Working to keep up with website
- Wants to add functionality to website to allow chairs to enter their own content material

- Increase in RD newsletter signups and ditto for Facebook and Instagram

Old Business (Semi and team)

- Bybee Lakes Hope Center (Dawn)
 - Ongoing participation at the 9 AM Kaiser online meeting.
 - Books would be helpful.
 - Semi asked for a vote to send 20 books to Bybee Lakes; Michael and Jon seconded; unanimous vote.
- Hands Across the Bridge (Semi)
 - Event didn't appear to be happening, but was held.
 - Semi got stuff for a booth and printed flyers.
 - A lot of interest and people signed up for the newsletter.
- Plans to put meeting scripts on the RD PDX website.
- Ongoing discussion about name change for quarterly InterSangha meetings; Semi suggested "Fellowship Meeting."
- Buddhist Global Relief Donations (Michael)
 - Consider a fundraising event for next year, including a challenge component.
 - 10/2 event was great on focused on how the funds were spent.
 - Next meeting is 10/30 and identified on the RD PDX website.

New Business (Semi and team)

- Leadership team needs to review position descriptions, propose changes and get. Back to Semi by the end of the month, so that the updated position descriptions can be available for the meeting secretaries to let participants know that some positions are open and applicants welcomed.
- RD Global has a new process for adding/removing meetings.
 - Semi will interact with RD Global for all PDX updates.
 - Jon will update the PDX website.
- Jon suggested adding a new Communications Co-Chair
 - Motion made by Jon.
 - Motioned seconded by Semi and Zanny.
 - Motion approved unanimously by attendees.
- Currently anticipate open positions for the following:
 - Wise Friends Chair
 - Co-Chair InterSangha
 - Co-Chair Secretary
 - Co-Chair Treasurer
 - Communications Chair
 - Communication Co-Chair
 - Programs Chair(?)

Dedication of Merit (Darlene)

